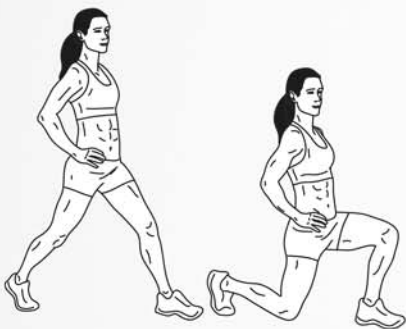


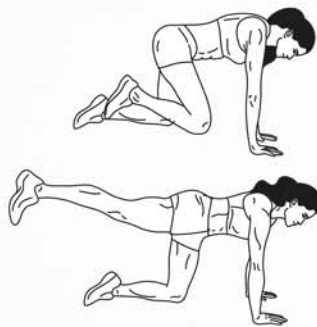
Secret

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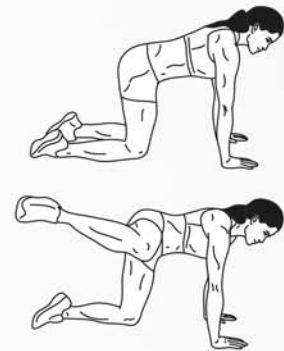
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



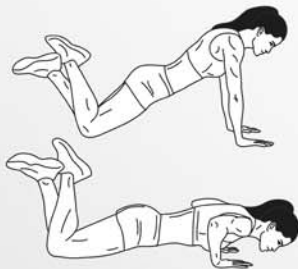
10 split lunges



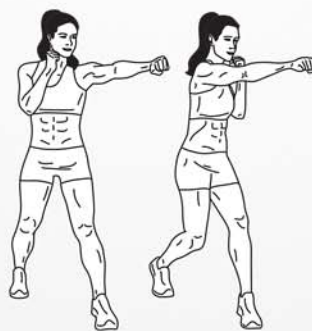
20 kneeling back kicks



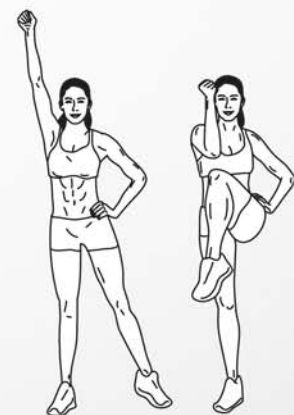
20 side leg extensions



5 knee push-ups



20 punches



20 knee-to-elbows